

The Sentence

Purpose: To look at how your voice (tone, volume, inflection, etc.) affects the expression of anger; to discuss how the delivery of messages affects others' responses; and to learn to express angry feelings in a constructive way.

What You'll Need

- Paper
- Pencils or pens
- A container

Procedure

Have everyone write down an “angry sentence.” Think of a situation where anger might be expressed and write down one sentence from an imagined conversation. The sentence must have actual content and sound “neutral” when written. In other words, it can't be something like: You are just stupid and I hate you. It should be more like: You took my CD's without asking and I couldn't find them last night. Have each student read his or her sentence two ways. First read the sentence in an angry way. Next, read the sentence but eliminate the inflection, tone, and volume that made it sound so angry the first time.



Talk About

- What were the differences between the first reading and the second?
- What caused the differences?
- What changes were made?

More to Try

Have students put all the sentences into a hat and take turns drawing a sentence. When a sentence is drawn by a student, that student should read the sentence aloud, but not as written. Instead, instruct the students to read the sentence and express an emotion other than anger. See if the other students can identify the emotion.



Name _____

Date _____

Creative Challenge

Write a paragraph in the journal. Discuss what makes words sound angry. Do people respond differently when angry words are expressed in a non-angry way?

[illegible]